



TITANS TRIUMPH

TENNESSEE TITANS BREAK LOSING STREAK IN OVERTIME, BECOMING THE FIRST NFL TEAM TO SCORE FIVE TOUCHDOWNS OF 60 YARDS OR LONGER IN A SINGLE GAME

PAGE 21



OTTAWA

metro

®

Monday, September 24, 2012



News worth sharing.

metronews.ca | twitter.com/metroottawa | facebook.com/metroottawa



MAD MEN GLAMOUR

Christina Hendricks, who plays Joan in the TV series *Mad Men*, arrives at the 64th Primetime Emmy Awards at the Nokia Theatre on Sunday in Los Angeles. More Emmys coverage, page 11.

MATT SAYLES/INVISION/THE ASSOCIATED PRESS

Battle against vets 'an obscene waste of money'

Cost. Docs reveal that Feds spent more than \$750,000 in five-year lawsuit against veteran's pension claim

The Harper government spent \$750,462 in legal fees fighting veterans over the clawback of military pensions, documents tabled in Parliament show.

Federal Liberals have been demanding to see a breakdown of Ottawa's legal costs in the class-action lawsuit launched by veterans advocate Dennis Manuge of Halifax.

The response was tabled in Parliament last week, but Justice Minister Rob Nicholson refused to release an itemized count, invoking solicitor-client privilege.

Instead, he released a global amount for the lawsuit, which has been dragging its way through the courts since March 2007.

Liberal veterans critic Sean Casey described the legal bill

as an "obscene waste of taxpayers' money."

In abandoning the legal fight, the government appointed Stephen Toope, the president of the University of British Columbia, to lead negotiations with Manuge's legal team to arrive at a settlement, including retroactive payments.

The settlement could run as high as \$600 million, depending upon how many years back the federal compensation plan will go, say internal government estimates.

Casey said that given the amount of money at stake, he could see the government fighting it tooth and nail — if it had a strong case. He said the feds should have negotiated a settlement from the start.

In siding with veterans last May, Judge Robert Barnes "unreservedly" rejected the government's arguments.

Defence Minister Peter MacKay and Veterans Affairs Minister Steven Blaney announced in June the government would not appeal a Fed-

eral Court of Canada ruling that rejected clawbacks from the pensions of disabled veterans.

The class-action lawsuit involved Manuge and 4,500 other disabled veterans whose long-term disability benefits were reduced by the amount of the monthly Veterans Affairs disability pension they receive.

The ex-soldiers argued it was unfair and unjust to treat pain and suffering awards as income.

MacKay ordered the clawback to end in July, but there are still some veterans who face the deduction.

Ex-soldiers whose additional awards and payments exceed the limit of 75 per cent of their military salary — often those who were most severely injured — say they're still not being treated fairly.

Those veterans with the most grievous injuries are entitled to receive the maximum benefit, particularly since many can't work, advocates have said.

THE CANADIAN PRESS

ASTIGMATISM?

LASIK corrects astigmatism more effectively than glasses or contact lenses.

LASIK MD

VISION

LASIK starting at \$490/eye*
FREE Consultation: 1-877-769-3030
lasikmd.com/astigmatism

*Prices are subject to change as your vision and eye health may need to be monitored through. Applicable to both eyes only. Other conditions may apply.

Are you a landlord?®

Need some help?

Sleepwell Property Management specializes in multi-unit residential:

- Rent Collection
- Vacancy Control
- Evictions
- 24hr Service & Maintenance
- Detailed Monthly Statements



Sleepwell offers you peace of mind.

Sleepwell Property Management is a full-service property management company with proven expertise servicing both residential and commercial real estate clients. With a growing portfolio of carefully chosen properties, Sleepwell delivers a personal and worry-free experience to landlords of mid- to large-scale properties and tenants alike.



SLEEPWELL
PROPERTY MANAGEMENT

A representative is available to discuss
your needs:

613-521-2000

sleepwellmanagement.com

Race shows 'profound respect' for military: Defence minister

Worthy cause. Annual event raises money for organizations supporting military families, soldiers



ALEX BOUTILIER
alex.boutilier@metronews.ca

Thousands of people lined Elgin Street early Sunday morning to cheer on participants in the annual Army Run.

The run, now in its fifth year, raised more than \$250,000 for Soldier On, a program to support ill and injured military personnel, and the Military Families Fund. It also broke attendance records for the fifth straight year, drawing 18,000 people.

"It's still growing, and I think it demonstrates a profound respect and appreciation for the Canadian Forces," Defence Minister Peter MacKay told Metro Ot-

Obligation

"You can never do enough, is the reality, for those who have sacrificed themselves and served the country at great costs to themselves. So we're going to continue to do everything we can to meet our obligation."

Peter MacKay
Defence Minister

tawa. "It's also a great run here in the nation's capital, so it works extremely well for everyone involved."

MacKay was joined in seeing the runners off by Gov. Gen. David Johnston, Ottawa Mayor Jim Watson and Lt.-Gen. Peter Devlin, the commander of the Canadian Army.

"Courage, determination, family, community are all the things that define this great race and this great day," Devlin told the crowd.



Wounded veterans take part in the fifth annual Army Run in Ottawa on Sunday. The race, now in its fifth year, raised more than \$250,000 for military families. ALEX BOUTILIER/METRO

"The energy, the enthusiasm in the air is magical."

The race comes at a time when the military is facing scrutiny over the death of Cpl. Stuart Langridge.

Langridge was on strict supervision in his Edmonton barracks when he hanged

himself. The military's refusal to tell Langridge's family about his suicide note and how they handled his struggles with addiction and possible post-traumatic stress disorder are now the subject of an inquiry at the Military Police Complaints

Commission.

"We've just increased our support in terms of mental-health professionals within the Canadian Forces, and we're going to continue to do that so that nobody is left behind," MacKay said.

WITH FILES FROM THE CANADIAN PRESS

Official expects Nuit Blanche to live on



Ottawa-artist Geneviève Thauvette performs a piece called Cake is Freedom/Le Gâteau ... Ou La Mort! on Saturday as part of the city's first Nuit Blanche. ALEX BOUTILIER/METRO

Lainie Towell hadn't slept much yet.

The co-curator of Ottawa's first Nuit Blanche was still riding the high of Saturday's all-night art event late Sunday morning.

"I'm floating right now," Towell said with a laugh.

"I've never seen Ottawa like this in my life, and I'm born and raised in Ottawa. I told several people (Saturday) night that I don't recall seeing this many people downtown in the ByWard Market, except maybe (during) Les Jeux de la Francophonie or Canada Day."

About 6,500 people strolled through the doors of the Ottawa School of Art — just one

of over 100 exhibits, installations and performances in the city's inaugural Nuit Blanche — on Saturday night and Sunday morning.

Towell estimated thousands more took in the sights across the ByWard Market and Hintonburg. Organizers were so pleased with the turnout that Towell has no doubt the event will become an annual affair.

But with Saturday being organizers' first stab at hosting a Nuit Blanche, there were some logistical difficulties. Towell said they need more maps — which were difficult to come by later in the evening — for next year. Organizers also

heard some complaints that the two zones, Hintonburg and the Market, were too spread out, despite a complimentary shuttle bus that ran between the zones.

"On the flip side, I was talking to my friend this morning and he said, 'Yeah, but (without) the buses, imagine all those people coming downtown and parking,'" said Towell.

But Towell and her colleagues have a year to smooth out the wrinkles.

"Obviously it's the first one, but obviously, after last night, it ain't the last one," Towell said.

ALEX BOUTILIER/METRO

1 NEWS

Mobile news



Qrikel

Freedom never tasted so salty. Scan the code to watch an endangered sea turtle, rescued from death, released back into the ocean.

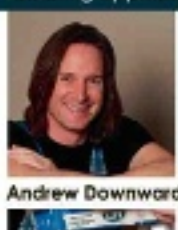
Create a fabulous living space!

THE
Home & Design
SHOW

Sept. 28-30 • CE Centre, Ottawa
4899 Uplands Drive, Ottawa



Featuring appearances by



Andrew Downward



Scott McGillivray



Karen Sealy



Brought to you by
CanLease
SHOWS Inc.

Proud member of
Greater Ottawa
Home Builders
Association

homeanddesignshow.ca

Create a fabulous living space!

THE
Home & Design
SHOW

Sept. 28-30 • CE Centre, Ottawa

2 for 1 admission with this coupon
Buy one, get one free. Special offers can't be combined.
homeanddesignshow.ca
OHD12NET24

Clement used ghostwriter during town hall

Social-media maven.

He's known as a Twitter king, but Tony Clement ended up getting someone else to talk during his online chat

Tony Clement may be king of social media in political circles on Parliament Hill, but he didn't get to be mayor of his own Twitter town hall.

During an online chat on the subject of open government, the Treasury Board president, who is a prolific tweeter, had a ghostwriter doing most of the work for him.

Last December's town hall made federal political history as the first live online chat to be hosted by a cabinet minister using the popular microblogging service.



Tony Clement
TORSTAR NEWS SERVICE FILE

The two 45-minute chats — one in English, one in French — took more than a month to organize.

Three dry runs were held ahead of the main event, with staff even creating bogus Twitter accounts in order to practice using the service.

More than 40 stock responses were drafted so they could be quickly copied and pasted to reply to questions,

while a ghostwriter was engaged to get Clement's responses out faster.

A spokesman for Clement called that a natural practice.

The subject of Clement's town hall was the Conservatives' recently launched open government strategy, a three-prong effort which seeks to increase transparency around the official workings of Ottawa.

He's regularly ranked among Parliament Hill's top tweeters.

But when it came to formally engaging with Canadians, bureaucracy ground his free-wheeling ways to a stop.

An analysis on the town hall obtained by The Canadian Press under Access to Information legislation highlights the struggle facing MPs seeking to use social media tools in a world of tightly controlled communications.

THE CANADIAN PRESS



Cartoons lead to torched flags

Iranian protesters burn a British and a French flag in front of the French Embassy during a demonstration in Tehran on Sunday to condemn a French magazine caricaturing Prophet Muhammad.

VAHID SALEMI/THE ASSOCIATED PRESS

Grieving a loss

Cat mistakenly euthanized, owner says

A Massachusetts woman says her cat went to the veterinarian for a flea bath, but was mistakenly euthanized.

Colleen Conlon of Gardner, Mass., is grieving the loss of eight-year-old Lady, whose death she attributes to negligence by the vet, Muhammad Malik.

Malik's lawyer tells a local newspaper that people should wait to hear all the facts before passing judgment and that he expects more information to come out. THE ASSOCIATED PRESS

Potential conflict

Iran threatens U.S. base attacks

A senior commander in Iran's powerful Revolutionary Guard warned that Iran will target U.S. bases in the region in the event of war with Israel, raising the prospect of a broader conflict that would force other countries to get involved, Iranian state television reported Sunday.

THE ASSOCIATED PRESS

Judith & Charles 2nd Level
White w/navy print blouse, black leather skirt, navy wool coat, navy leather clutch, multi-strand necklace.

FALL ES

entials

Lady Leather

Town Shoes 3rd Level

Sephora 3rd Level

Judith & Charles 2nd Level

Judith & Charles 2nd Level

Judith & Charles 2nd Level

GET NOTICED THIS FALL

Check out our Trends Report online and see our Behind the Scenes and Stylin' With Sophie video segments to get the inside scoop on what's hot for fall 2012.

rideaucentre.com

Offer ends
Sept. 30th

50% OFF

ALL UNLIMITED PLANS

Starting from **\$12⁵⁰** /mo



   mobicity.ca

mobicity[™]
Now that's smart.

Receive 50% off all regular rate or data stick plans for 6 months while customer is on automatic monthly payments (preauthorized credit/debit payment). Taxes are extra. Restrictions may apply on combining offers with other offers or promotions. All unlimited features included in each plan (add-on, including unlimited talk, text and data features, must originate and be used within the Mobicity Unlimited Zones). Premium and special numbers are excluded. Additional terms and conditions apply. Subject to change without notice. © 2012 Mobicity. 'Mobicity', 'Now that's smart.', the Mobicity designs and the Mobicity logo are trademarks of Mobicity. Other trademarks shown may be held by their respective owners. All rights reserved.

Mobicity Stores

Lincoln Fields Mall
1595 Merivale Rd.,
Unit B
168 Rideau St

Bayshore Shopping
Centre
173 Montreal Rd
Hazeldean Mall

Carlingwood
Shopping Centre
248 Bank St

Authorized Dealers

Cellular X Zone:
Billings Bridge
Shopping Centre

Bullo Wireless:
1414 Walkley Rd
IGC Cyber House Inc.
223 Bank St

FTA Tronic:
1807 Carling Ave

City Mobile:
TNT Supermarket 224
Hunt Club Rd, Unit B

Rocknet Telecom:
987 St. Laurent Blvd

AMBITION IS SPELLED WITH THREE LETTERS: CMA.



Become a Certified Management Accountant. The strategic management approach of the CMA designation gives you the tools to manage and lead in any industry. Our comprehensive bridging program will help you qualify for the designation.

Visit our website and register to attend a session for more information.

1.800.387.2991 x113

becomeacma.com/infosessions

Create Possibilities.



© 2012 Certified Management Accountants of Ontario. All rights reserved.
®/™ Registered Trade-Marks/Trade-Marks are owned by The Society of
Management Accountants of Canada. Used under licence.



Mateo Compton Moscoso, 3, and his father, Paul Compton, are shown in this family handout photo taken in June in Lima, Peru. Compton has been fighting for nearly three years to obtain Canadian citizenship for Mateo. THE CANADIAN PRESS

Father believes Canada abandoned his son

Paul Compton is at his wits' end.

The Ontario native has spent nearly three years trying to obtain Canadian citizenship for his younger son with little success and now feels abandoned by his country.

After multiple appeals to politicians and much wrangling with public servants, the 42-year-old is now applying for British citizenship in an attempt to establish a sense of security for his child.

But he feels like he's giving up a part of his Canadian identity in the process.

"I don't know what else to do at this point; I've hit a wall," he said.

Compton is among an unknown number of Canadians caught in a web of regulatory changes made to the Citizenship Act in 2009.

His problems stem from the fact that he was born in

Overseas

"It's like Canadians born abroad and Canadians working abroad have done something wrong."

Paul Compton

Scotland — while his Canadian parents were in university — and his second son was also born abroad, four months after the government imposed a first-generation limit on citizenship by descent for those born outside the country.

That meant Compton's first son, who was born abroad before the regulations changed, is a Canadian, but his younger child, three-year-old Mateo, is not.

"What my government has done is basically said, 'Your son's not Canadian, he's not important to us,'" Compton said from Lima, Peru, where

he teaches at an international school.

Citizenship and Immigration Canada has acknowledged the problems the new rules have created for some and has offered a remedy, albeit one that requires time and circumstances that may not work for everyone.

"CIC recognizes that in some limited cases, the changes to the law may have a significant impact on Canadian families with strong ties to Canada who are residing temporarily overseas," said spokeswoman Nancy Caron.

The solution, she said, is for a family to sponsor their child for permanent residency when returning to live in Canada. Once that application is approved, the family can seek citizenship for the child immediately, without having to fulfil typical residency requirements.

THE CANADIAN PRESS

INCOME TAX COURSE

Flexible hours. We're hiring.

Curriculum — During the 9-week course, students study the basics of income tax preparation including current laws, theory and application.

Successful students receive an H&R Block certificate of accomplishment and the opportunity to interview for employment with H&R Block.

H&R Block knows taxes and how to teach them. Our instructors are expertly trained and are experienced Block personnel who make each session an exciting experience with discussion sessions, reference materials and instructions using regulation forms and schedules.

Classes begin mid-October. Choose between morning and afternoon classes. Applicants need only the willingness to learn about taxes.

Enrolment restrictions may apply. Enrolment in, or completion of, the H&R Block Tax Training School is neither an offer nor guarantee of employment. © 2011 H&R Block Canada, Inc.

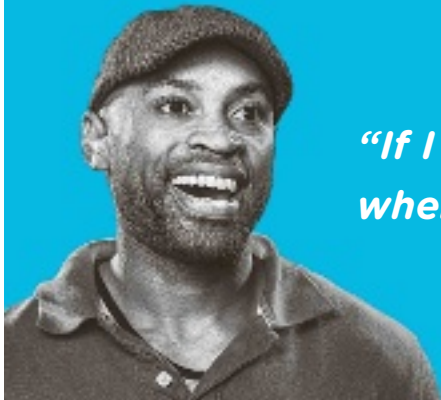
The tuition cost covers the complete course, including textbooks, all materials, reference guides and registration.

Full details are as close as your phone. Just call for complete details on class locations, starting dates, tuition, etc.

Tax Training School begins October 15

Register online at hrblock.ca or call **1-877-32BLOCK** (322-5625) for details.

H&R BLOCK®



*"If I want to look up something on the phone,
wherever I am, I get total access."*

 **RODNEY S.**
From Toronto, WIND Customer since May 2012

THAT'S THE POWER OF



..... WHY PUT A LIMIT ON UNLIMITED?



That's what we're thinking. At WIND Mobile our unlimited plans really are unlimited. Join and get unlimited data, Canada-wide text and local talk, from anywhere on our network, for only \$29 a month. Plus all of our plans include caller ID.

Join by September 30th
\$29
per month

..... Offer won't last.

UNLIMITED

DATA + TEXT + LOCAL TALK

.... From anywhere on our network. Includes caller ID.



SAMSUNG
Galaxy S III™

Learn more at WINDmobile.ca

Offer valid from Aug 2nd until Sept 30th or prior notice of termination on WINDmobile.ca. To be eligible for this promotion, an existing or prospective customer must activate a new line in person at a WIND retail store with WIND's \$29 per month Unlimited DATA + TEXT + LOCAL TALK plan during the Promotion Period. This monthly plan will continue to be provided to you at \$29 per month as long as i) this plan is offered by WIND; ii) you stay on this plan without interruption; iii) you are continuously a WIND Mobile subscriber; and iv) you maintain your account with WIND in good financial standing. This promotion is available to Pay Before and Pay After customers; is eligible for a WINDtab up to \$200; and is eligible for Better Together Savings. This promotion is available at WIND retail locations only and is not available through WIND customer care or online. This offer cannot be combined with any other offer. Under certain limited conditions, existing WIND customers may also be eligible for this plan if they migrate their number - see WINDmobile.ca for details. All services subject to WIND's terms of service, fair usage policy and internet traffic management policy and are for personal use by an individual. Applicable taxes extra. Other conditions apply. Full details at WINDmobile.ca. WIND, WINDtab and WIND MOBILE are trademarks of Wind Telecomunicazioni S.p.A. and are used under license in Canada by Globalive Wireless Management Corp. All other trademarks are the property of their respective owners. © 2012 WIND Mobile.

Canadian among missing after avalanche



In this photo provided by Nepalese airline Simrik Air, an injured victim of an avalanche is rescued at the base camp of Mount Manaslu in northern Nepal on Sunday. The avalanche swept away climbers Sunday, leaving at least nine dead and six others missing, officials said.

SIMRIK AIR/THE ASSOCIATED PRESS

Nepal. At least nine climbers killed in Himalayan mountain disaster

Officials say at least nine people are dead and several others missing, including a Canadian, after an avalanche hit climbers on a high Himalayan peak in Nepal today.

Many of the climbers were

French or German but the U.K.-based The Telegraph website reported that one of the missing people is Canadian.

Dipendra Paude of Nepal's tourism ministry, which controls all international climbing expeditions, told The Telegraph the dead climbers were from Spain, Germany and Nepal.

Chrstiane Roy, spokeswoman for the Department of Foreign Affairs, could not confirm that a Canadian was among those missing, but said

officials have been in contact with authorities in Nepal. "Our thoughts are with the victims (and their families) of this avalanche," Roy said.

Police official Basanta Bahadur Kuwar said the bodies of a Nepalese guide and a German man were recovered and that seven other bodies had been spotted on Mount Manaslu. Ten climbers survived, many were flown to hospitals. Officials are investigating the cause of the avalanche. **THE ASSOCIATED PRESS**

On the mountain

- The avalanche hit the climbers at a camp at 7,000 metres.
- 231 climbers and guides were on the mountain.
- Weather conditions are unpredictable at this time of year during Nepal's autumn season.

TD Canada Trust

Reason to switch #5:

An all-inclusive account that simply makes sense



Switch for
\$150¹
CASH

For banking that's comprehensive without being complicated, switch to our Select Service chequing account. It covers all your day-to-day banking needs for a flat monthly fee, which we waive when you maintain the minimum monthly balance. The best part is, you'll know exactly what you're getting when you sign up for one.

www.tdcanadatrust.com/switch • 1-800-948-1348



Banking can be this comfortable



Work hazard. Coal-mine accidents trap 17 miners underground in China

Chinese state media say two coal-mine accidents have trapped 17 people underground.

The official Xinhua News Agency says a fire broke out Sunday in a mine in north-east Heilongjiang province, trapping 11. Two other people working in the mine were lifted out.

Xinhua says the mine's operating licence had expired three weeks earlier and the county government is blaming

illegal production for the accident.

Another mine in the same province was flooded on Saturday, trapping six miners.

Rescue efforts are underway.

China has the world's deadliest coal-mining industry. Safety improvements have reduced deaths in recent years, but safety rules are often ignored and accidents are still common.

THE ASSOCIATED PRESS



In this photo released by China's Xinhua News Agency, miners enter the Jiayi Coal Mine in Jidong County of Jixi City, in northeast China's Heilongjiang province on Sunday. Six people were trapped in the mine after it was flooded early Saturday, Xinhua said. XINHUA, XIAO JINBAO/THE ASSOCIATED PRESS

THE OTTAWA WEDDING SHOW

OCTOBER 13 & 14

Saturday & Sunday 11am to 5pm

GE CENTRE 4899 UPLANDS DRIVE (at Airport Parkway)

- Exhibits - Over 100 of Ottawa's top wedding professionals
- Fashion shows - 12:30pm and 3:30pm both days
- Boutique Gowns - Hosted by Ottawa's leading bridal shops
- Prizes and Promotions available only at Show

ADMISSION FREE

www.OttawaWeddingShow.com

¹Offer available through November 2, 2012 but may be changed, extended or withdrawn at any time without notice. Conditions apply. See us for details. ®/The TD logo and other trade-marks are the property of The Toronto-Dominion Bank or a wholly-owned subsidiary, in Canada and/or other countries.

Gamers need not apply: New simulator puts safety first

VIRTTEX facility. Ford's virtual reality lab lets researchers monitor bad driving habits

Most car-themed video games challenge players to race as fast as they possibly can, and push dangerous driving to the limit without crashing.

So test subjects who step inside Ford's high-tech VIRTTEX research facility can be forgiven for wanting to stomp the gas pedal in the video-game-like driving simulator. But most don't and try their best to stay alive.

In an effort to prevent car crashes in the real world, Ford has designed an incredibly life-like way to test drivers' skills and simulate dangerous situations that could end in death on the roads.

Within a research and development building in Dearborn, Mich., the former hometown of Henry Ford and where the automaker is headquartered, lies the VIRTTEX — short for Virtual Test Track Experiment.



A test driver goes behind the wheel of Ford's VIRTTEX, a safety simulator that analyzes drivers' skills and reactions to dangerous situations on the road. FORD CANADA/THE CANADIAN PRESS

Inside a seven-metre-diameter domed laboratory is what appears to be a standard Ford vehicle. But a close inspection would reveal its engine and transmission have been removed and it has been equipped to tie into an elaborate virtual reality simulator.

Video screens envelop the inside of the domed structure, giving test subjects a simulated

360-degree view of a driving environment. Peeking at all the mirrors reveals accurate views of what you'd expect to see while driving.

Once the simulation has begun, the VIRTTEX structure can move up to three metres side to side or front to back, and two metres vertically, to simulate the motion and feel of actually driving. The steer-

Quoted

"We get some really realistic reactions out of people." Ford's Mike Blommer

ing wheel realistically rumbles just right and sound is pumped into the vehicle to replicate engine and road noise. The wheel and pedals are just as responsive as in any car.

Before long, drivers get lost in the virtual world and feel like they're really driving down a long, open road. And then researchers can start observing all their bad habits. The speeders get identified pretty quickly.

The other cars on the road "are programmed to go five to 10 miles per hour (eight to 16 km/h) faster than you, so we quickly find out what kind of driver people are," says Ford's Mike Blommer.

"If they want to keep up with traffic ... those drivers keep speeding up and the next thing you know you're going 80 to 85 miles per hour (almost 140 km/h)."

THE CANADIAN PRESS

E. coli concerns

Ground-beef recall expanded further

The recall of ground beef from Edmonton-based producer XL Foods is being expanded yet again.

The recall due to possible E. coli contamination was announced by the Canadian Food Inspection Agency a week ago and has since been expanded six times. It affects ground beef sold by Sobeys, Foodland, IGA and Douglas

Meats stores in the Prairie provinces, Ontario, the Maritimes and some Big Way and Super A stores.

Now it also includes unlabelled ground-beef products sold between Aug. 24 and Sept. 16 at stores which may include small retailers, local meat markets and butcher shops.

The agency advises consumers who are unsure if they have the affected product to check with the stores where they purchased the beef, or simply throw it out.

THE CANADIAN PRESS

Canada's

Mobile Notary

Certified True Copies

E-Document Certification

Notarization & Commissioners of Oaths

Affidavits

Visa & Passport Processing

RedSeal Notary.com

National Notary Public

Notarization & Legalization

Over 100 Locations Across Canada



Scan and Save



Company

Fingerprinting

Background Checks

Land Title Searches

Authentication & Legalization (Apostille)

Consent to Travel

1-888 922-7325

Go digital for a chance to win.

Secure and simple epost™ service from Canada Post is the convenient way to keep track of all of your bills, statements, and essential documents. And best of all, it's free. Receive bills and statements for just about all your regular expenses, such as cable, phone, utilities, credit cards, and property taxes. View your digital mail with a single login. Plus, your documents are stored privately and securely for up to seven years. Sign up today at epost.ca or through your financial institution.

You could win \$1,000 in our monthly draw just by registering your bills with epost.ca

Register two bills with epost and you will be automatically entered for a chance to win \$1,000 in our ongoing monthly contest. And, each additional bill you register gives you an extra contest entry.*



One place. One login. One password.

Sign up today at epost.ca

Manage bills like these and many more.



* No purchase necessary. Contest runs from 12:00:00 a.m. EDT on May 1, 2012 to 11:59:59 p.m. EST on January 31, 2013. Contest is open to individuals who reside in Canada, are over the age of majority in their province or territory of residence, who are active epost users, and who have subscribed to at least two epost mailer bills throughout the previous 60 days. There are a total of 9 prizes available to be won, each with a value of CAD \$1,000. There will be one prize draw per month during the contest period. Odds of winning depend on number of entries received. Selected entrants must answer a mathematical skill testing question and sign a release. Full contest rules are available at epost.ca/contestrules. ™ Trademark of Canada Post Corporation. All other trademarks are the property of their respective owners.

FUN WITH NUMBERS: OC TRANSPO GIVES US 100.1%



URBAN COMPASS
Steve Collins
ottawa@metronews.ca

It's easier for OC Transpo to put a happy spin on some numbers than on others in its latest quarterly performance report, which goes to the transit commission this week.

Your morning bus was, for example, slightly less likely to be late in the second quarter of this year, or, in Transpo's upbeat take, "On-time performance in the morning peak period was higher than ever before, exceeding 72 per cent for the first time."

While it's undeniably true that the actual number, 72.1, exceeds 72 per cent, a schedule that's correct pretty darn close to three quarters of the time is nothing to brag about, except comparatively: in the same period last year, 69.3 per cent were on time.

The definition of "on time" is also a big help in achieving this "higher than ever before" punctuality, because in Transpo-world, a bus isn't late until it's running more than five minutes behind.

4 per cent ridership drop

The report makes much of nice weather, lower gas prices and an increase in the popularity of cycling to explain why one in 25 riders decided to do just about anything but take the bus or O-Train.

As it turns out, however, the minor annoyance of a late bus accounted for only six per cent of morning runs, while over a fifth were early, up to two minutes (17.4 per cent) or even earlier than that (4.6 per cent).

Transpo has long been trying to cut down on its early buses, on the strong reasoning that it's easier to wait a few minutes and catch a late bus than it is to chase one down that arrived at the stop before you did.

Still, these numbers are all inching in the right direction, and nobody's perfect. (If you add up Transpo's percentages of on-time, early and late buses, for example, you get 100.1 per cent.)

And then there's the chronically inferior afternoon peak performance, 61 per cent on time in the last quarter (17 per cent late, 15.6 per cent early, 6.4 per cent way early) which the report helpfully notes is also a "slight improvement" over 59.1 per cent in the same period last year. Rejoice, bus rider, as the schedule is now less than 40 per cent wrong.

Even less obviously a cause for self-congratulation at Transpo was the disappearance of 1.1 million riders in Q2, from 24.9 million passenger trips in the same period last year to 23.8 million, a four per cent drop.

With no lip gloss available for this particular porker, the report instead strives to contextualize the bad news, noting that last year's ridership numbers were a record for that time of year.

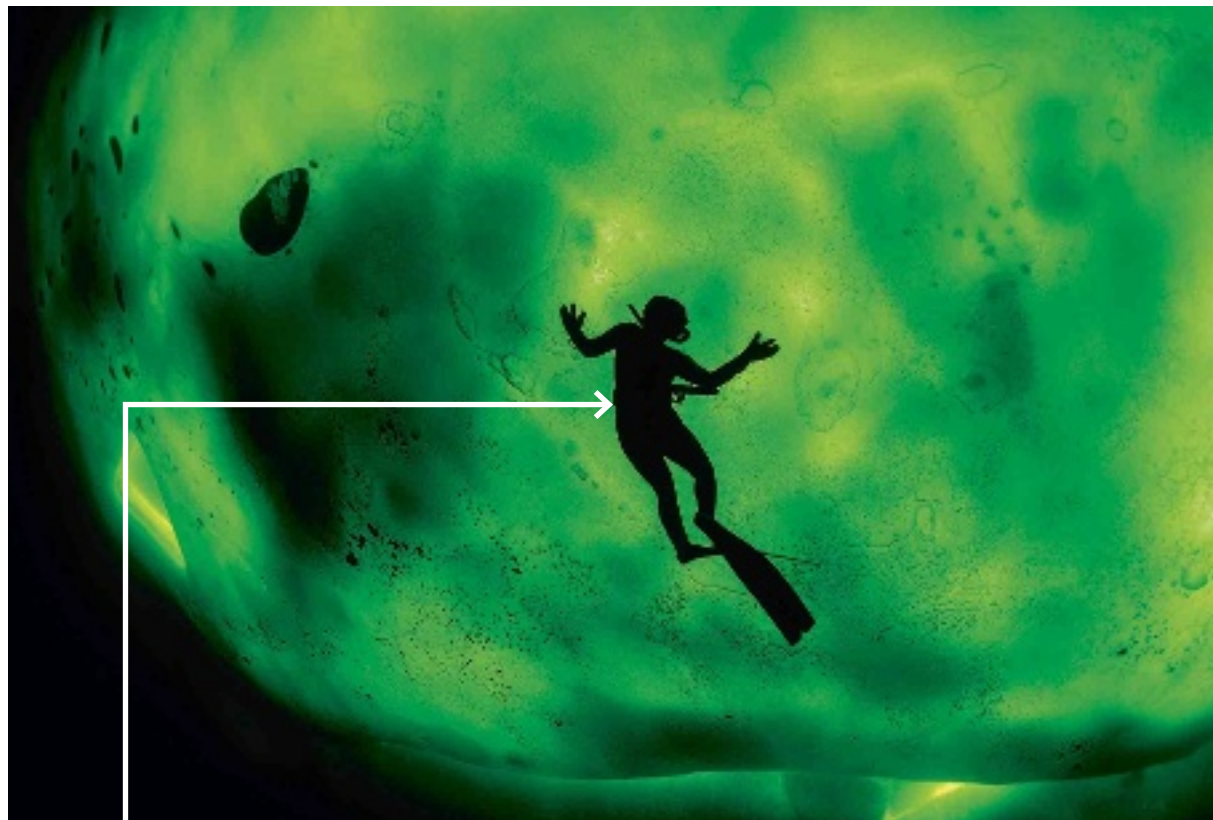
This only makes sense. If the long-term goal is to have fares pay half the total cost of transit, and you don't want to scare riders off with draconian price increases, you're going to have to steadily increase the number of paying customers on the buses. That's going to result in regular "higher-than-ever" ridership numbers. The report also makes much of nice weather, lower gas prices and an increase in the popularity of cycling to explain why one in 25 riders decided to do just about anything but take the bus or O-Train.

Even in the face of decreased ridership, though, Transpo is pleased to report that "occupancy" has gone up in three of four route categories since last fall. At first blush, this may seem a strange phenomenon. Who else, apart from riders, is occupying our buses? Have the Occupy Ottawa people taken their battle with the one per cent to the Transitway?

But occupancy, it turns out, is a measure of productivity, of how much of offered service is used. So thanks in large part to last year's \$20 million in route cuts (sorry — optimizations), there's less service on offer, hence less bus to occupy, and hence higher "occupation" by fewer riders.

It's a neat trick of measurement, one that allows the bus company to pat itself on the back for increased "efficiency," but as far as I can see, one that doesn't get transit riders to work, school or play any faster.

Alien world in the Arctic abyss



GEORGE KARBUS/SOLENT

Underwater photo

Otherworldly shot of northern lights

It's the northern lights, but like you've never seen before.

This shot by photographer George Karbus shows a diver's silhouette against the backdrop of aurora borealis, seen through a thick sheet of ice in the cold waters of the Arctic Circle.

"Cold, beauty, adventure" — the three words that encapsulate his image, Karbus said, adding his biggest ambition is, "to capture beauties of our fragile world and show everyone the real treasures of life." **METRO**

Q & A

'Just too beautiful'

Photographer George Karbus, 33, from Lahinch, County Clare, Ireland, talks to Metro.

Where did you take this image?

The White Sea in Russia, inside the Arctic Circle. It took two days by train to get to the spot by the White Sea. My girlfriend Kate Hamsikova and I set out with a guide on a snowmobile. We went diving after cutting through ice about one metre thick. One dive I noticed that Kate was upside down just under the ice pretty far from the hole we cut out, playing with little bubbles. I dove

down for about eight metres to get this beautiful perspective of ice formation with Kate's silhouette.

Part of me wanted to enjoy the lights without taking photographs, but it was too hard to resist. It was just too beautiful.

What was the biggest challenge for you?

The cold water, at around -2 C. Also, for the picture we dove without any rope lines. Normally, when you're diving you need a rope so that you know where to return to. So it can be quite dangerous without it.



GEORGE KARBUS
Photographer

Photo in detail

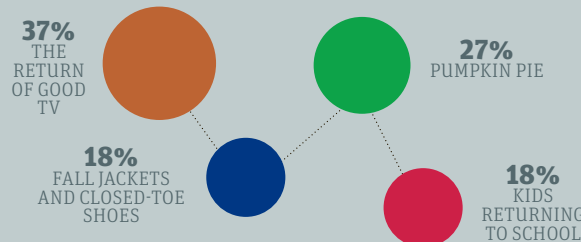
• **Equipment used.** Karbus wore a 7-mm free-diving wet suit and used a Nikon D700 with a fish eye lens inside a Subal underwater housing device.

• **Water fan.** "I love the ocean and like to be there every day," said Karbus, who lives in Lahinch on the Atlantic coast. "I like to use my physical abilities and get with my camera in extreme angles to photograph big marine creatures."



Register at metropolitanpanel.ca and take the quick poll

It's officially fall — what are you most excited about?



Twitter

@Iceman_AC:

Told my wife she's getting grumpier the older she gets, it didn't go well.

@tywhitey:

Me and @benbandersen met an asian midget named ken last night!! #bestfriends

@NickReynolds_:

I swear if someone sends me one more direct message on twitter :@

@BrittanyRyan22:

The worst thing is when you think you're getting a home cooked meal, then can't #meal-hallprobs #thehamthatgotaway

@dani_damico:

craving sushi so bad right now #just #want #it #now

@jsani:

Why does Austin Collie think he can still play football? Does he know it still involves contact? #madeofglass

TV stars sizzle on the Emmy red carpet

Ceremony. Louis C.K. wins award for best comedy writing; Modern Family racked up awards for best supporting actors and director in a comedy show

Sofia Vergara ramped up the sizzle Sunday night on the Emmy Awards red carpet that already had TV's biggest stars talking about just how hot they were because of the sweltering temperatures in Los Angeles.

Vergara wore a teal-colored gown by Zuhair Murad with beads all over and a cutout reverse halter neckline.

She helped fuel the trend toward bright, bold colour that was also worn by pregnant Claire Danes in strapless daffodil-yellow Lanvin, Julianne Moore in a long-sleeve, stretchy gown and Nicole Kidman in a blue-on-white-beaded gown. All brought bonafide fashion credibility to the Nokia Theatre, but they weren't necessarily the favourites.

more. Zoey Deschanel had a manicure with little TV sets on her thumbnails — perhaps the kind of thing “E!” had in mind for its manicam that had stars walking their fingers down a tiny red carpet.



Jon Hamm of Mad Men and his girlfriend, Jennifer Westfeldt.
THE ASSOCIATED PRESS



Sofia Vergara of Modern Family.
THE ASSOCIATED PRESS



Zoey Deschanel of The New Girl.
THE ASSOCIATED PRESS

Celebrities build their fashion reputation largely from the red carpet, Lhuillier said, and they'll affect trends for colour, silhouette and embellishments.

Lhuillier said Emmy gowns were already in the works earlier this month when she presented her most recent catwalk collection — one in which she declared “the ballgown is gone.” Instead, she focused her full-length dresses in mermaid and other sleeker hemlines.

Not everyone watching TV will need a gown in the coming weeks or months, but when they do, they'll often turn to the brands they hear about at the Emmys, Oscars or Grammys, Lhuillier said. “That's what a red carpet

for best supporting actress on Modern Family. Modern Family also won best directing of a comedy series, while Julia Louis-Dreyfus snagged best actress for her work on HBO's Veep, and Jon Cryer of Two and a Half Men won the best male lead in a comedy series.

In the reality TV category, Tom Bergeron of Dancing With the Stars was deemed the best host. Claire

does for a company like mine.”

As for the winners, they included Eric Stonestreet for best supporting actor on Modern Family; Louis C.K., for his writing on the comedy series Louis; Julie Bowen,

Danes won best actress in a drama series for Homeland. THE ASSOCIATED PRESS



Kenley Collins THE ASSOCIATED PRESS

2 SCENE

On the web



Qriket

For more red carpet looks and a complete list of Emmy-award winners, scan the code above or visit metronews.ca.

YOU COULD WIN
A PASS FOR TWO TO THE SPECIAL ADVANCE
SCREENING OF **SINISTER**

IN THEATRES OCTOBER 12
To register and for full contest details visit clubmetro.com
Don't forget to like us on Facebook! facebook.com/clubmetroottawa

VISIT clubmetro.com TO ENTER

metro

CANADA'S FIRST NEWS APP IN
NEWSSTAND
Now available for iPad, iPhone and iPod touch!

“This is the most useful news app.”
— The New York Times

Available on the App Store

YOU COULD WIN
A PASS FOR TWO TO THE SPECIAL ADVANCE
SCREENING OF **WINNIE**

WINNIE
THE UNTOLOVED LOVE STORY

To register and for full contest details visit clubmetro.com
Don't forget to like us on Facebook! facebook.com/clubmetroottawa

VISIT clubmetro.com TO ENTER



Let us show you
how to make
overseas calls from
your mobile phone!

We'll beat all
competitors rates
Guaranteed!

\$25 FREE • No Contracts
• No Commitments
• Satisfaction Guaranteed!
No questions asked... Just FREE long distance!



1000 Minute bundle only \$10/month



Unlimited calling to anywhere in Canada



Download our Comwave
Mobile App
3 Days Free Trial



1-866-770-8085
www.comwave.net

*Not Comwave's responsibility for advertising. Comwave reserves the right to amend or modify its rates and services at any time. ©2012 COMWAVE. All Rights Reserved. Comwave is a registered trademark of Comwave Inc. All other trademarks are the property of their respective owners. Comwave will not be held responsible for any damages, including consequential damages, arising from the use of Comwave's services. Comwave is not responsible for any damages, including consequential damages, arising from the use of Comwave's services. Comwave is not responsible for any damages, including consequential damages, arising from the use of Comwave's services.



Why pay \$30, \$40
or even \$50
for a
home phone line?



Limited Time Offer
6 Months FREE
Your satisfaction is guaranteed!

Unlimited **Local**

Unlimited local calls plus over 14 FREE
features including FREE Voicemail,
FREE caller ID and more



\$14.95
/month

Unlimited **Canada**

All the features free plus unlimited
Canada-wide long distance



\$19.95
/month

Unlimited **Global**

All the features free plus unlimited long
distance to almost 60 countries



\$29.95
/month



Ranked #1
Home Phone Service
Consumer Choice Award

1-866-770-8085
www.comwave.net

*While Comwave makes every effort to ensure accuracy, Comwave reserves the right to amend or modify its rates and services at any time. ©2012 COMWAVE. All Rights Reserved. Comwave is a registered trademark of Comwave Inc. All other trademarks are the property of their respective owners. Comwave will not be held responsible for any damages, including consequential damages, arising from the use of Comwave's services. Comwave is not responsible for any damages, including consequential damages, arising from the use of Comwave's services. Comwave is not responsible for any damages, including consequential damages, arising from the use of Comwave's services.

SHARE ALERT!



Qriket

SCAN, SHARE AND WIN!

Metro and Qriket are giving away \$10,000 in instant cash prizes for the month of September.

Metro has partnered with Qriket to add more fun and sharing to your daily news fix.

Qriket is a free iPhone app that rewards you for scanning QR codes, so now you can stay informed with Metro and win prizes when you choose to scan with the Qriket app.

Just download the Qriket app and use it to scan QR codes to access enhanced content, share with your friends, and play instant win games.

And this month, scanning the Qriket branded codes in Metro activates \$10,000 in bonus instant cash prizes just for Metro readers!

Wanna play?

- 1) Download the free Qriket app for your iPhone.
- 2) Use it to scan the Qriket QR codes you see in Metro, and they'll automatically get shared with your friends.
- 3) The more you scan, the more you share, the more chances you have to win!



For full rules and regulations visit: www.qriket.com/metro

metro
It's worth Sharing.



metro

14

metronews.ca
Monday, September 24, 2012

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Me Tarzan, you gum chewer



THE WORD
Dorothy Robinson
scene@metronews.ca

It's all gum all the time for Kellan Lutz — with a few starring roles thrown in.

Last Wednesday, the Twilight star popped up at Helen Mills, a theatre and event space in New York, to launch his latest endeavor: Being the enthusiastic spokesperson for iD gum, a new brand of the chewy stuff that's geared to teens.

"Who would have thought 10, 20, 50 years ago that gum would be an accessory? Now it is. Now it's cool to show that you have gum versus hiding a piece of gum for your breath. Now it's like, 'Oh you've got some iD gum?'" the actor asked philosophically.

The collaboration between Lutz isn't just for profit, mind you. "I only want to stay true to my brand and do great quality products, which this

is. I'm a huge fan of the gum. I love gum," he told a group of reporters about his decision to lend his name to iD.

Dude loves gum, am I right? So much so that even when we were able to get him off message to talk about what's next for his career, we couldn't help but read in between the lines (quotes in bold belong to The Word).

"It's bittersweet," he says about the end of Twilight (and possibly a new flavour of gum). He continued: "It feels like a closing of a chapter but in a way it's like your last days of high school — you're really looking forward to college and I'm really looking forward to that (like I'm looking forward to this piece of iD gum). It's been great having my own project now, to (chew delicious gum and) be the lead in Tarzan (a character who wasn't fortunate enough to be alive when gum was so accessible, but I think he chewed on pine bark of some sort). Hopefully we can franchise that. It's going to be great (just like this piece of iD gum I'm waiting to chomp on)." **WITH ADDITIONAL REPORTING BY OLIVIA MORROW**

Twitter



@TheRealNimoy
Senor Quinto. Dinner soon?



@ZacharyQuinto
sunset between highland and crescent is really its own particular brand of crazy.



@jackiejcollins
Channing Tatum is good to look at



@SarahKSilverman
Dear men, I love you to pieces. So trust me when I tell you you've gotta stop wearing cologne immediately



Amanda Bynes

Everyone is leaving Amanda Bynes

Things don't seem to be getting any better for Amanda Bynes. After being pulled over at the Burbank airport last week and having her car impounded, the actress has been charged with two counts of driving on a suspended license, according to TMZ.

On top of that, the troubled former child star was reportedly dropped by her agent, publicist and lawyer — all within the last few weeks — because she'd become "extremely difficult" this year. But a source close to Bynes says the actress isn't worried, since she's looking to transition from acting to fashion anyway.



Lady Gaga

Gaga talks weight, dad's new restaurant

Lady Gaga admits that she's put on some weight lately, but she's not stressing out about it. "I'm dieting right now because I gained, like, 25 pounds," she says in a radio interview, according to the Huffington Post. "And you know, I really don't feel bad about it, not even for a second." While she's had a rather hectic tour schedule, she says part of the cause may be closer to home. "I love eating pasta and pizza. I'm a New York Italian girl," Gaga says. "That's why I have been staying out of New York. My father opened a restaurant. It's so amazing, it's so freaking delicious, but I'm telling you I gain five pounds every time I go in there."

Looking for ways to bring more joy to life at home? Clean up



Gretchen Rubin is the author of *Happier at Home*. SUBMITTED

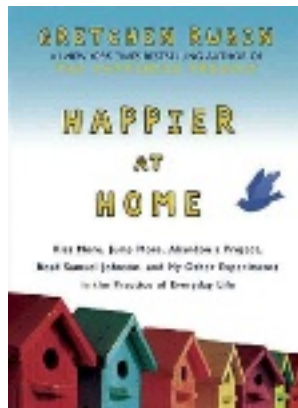
Book. Gretchen Rubin, author of the Happiness Project, is back with a new book, *Happier at Home*. The following is an excerpt from the book.

For me, fighting clutter is a never-ending battle; although I'd labored to clear clutter as part of my first happiness project, I was eager to find additional strategies to stop its insidious progress. Inspired by William Morris's rousing call to "Have nothing in your houses that you do not know to be useful, or believe to be beautiful," I resolved to "go shelf by shelf," then drawer by drawer, then closet by closet, to consider each of our possessions.

Did one of us use it or love it? Would we replace it if it were broken or lost? If so, was it in the right place? If not, why keep it?

Years ago, I started keeping a list of my Secrets of Adulthood — the large and small lessons I'd mastered as I'd grown up. Recent additions included:

- Just because something is fun for someone else doesn't mean it's fun for me.
- It's enormously helpful, and surprisingly difficult, to grasp the obvious.
- You need new friends and old



closet is clearly trivial, and yet creating order gives a disproportionate boost of energy and cheer. (Of all the resolutions that I've proposed, which one do people most often mention that they've tried, with great success? The resolution to "Make your bed.") EXCERPTED FROM *HAPPIER AT HOME*. COPYRIGHT 2012 GRETCHEN RUBIN. PUBLISHED BY DOUBLEDAY CANADA, AN IMPRINT OF THE DOUBLEDAY CANADA PUBLISHING GROUP, WHICH IS A DIVISION OF RANDOM HOUSE OF CANADA LIMITED. REPRODUCED BY ARRANGEMENT WITH THE PUBLISHER. ALL RIGHTS RESERVED.

friends.

- The quickest way to progress from A to B is not to work the hardest.
- It's easier to prevent pain than to squelch it (literally and figuratively).
- Where you start makes a big difference in where you end up.
- The opposite of a profound truth is also true.
- A change is as good as a rest.
- It's more important to say something than to say the right thing.
- The best reading is rereading.

One of the most helpful of these Secrets of Adulthood holds that "Outer order contributes to inner calm." Why is this true? Perhaps it's the tangible sense of control, or the relief from visual noise, or the release from guilt. In the span of a happy life, having a messy desk or an overflowing

Read it

Happier At Home is available at bookstores everywhere and Random-house.ca

Exclusively online

metronews.ca/voices

- **The name game.** How do you choose a baby name that's original but easy to pronounce, sophisticated but unpretentious, and would look good on the ballot for Prime Minister? Follow along with the comedic (mis) adventures of mommyhood online with *Reasons Mommy Drinks* at metronews.ca/voices

3

THE

On the web



Qriket

Scan this code or visit metronews.ca/voices to find out why choosing a baby name is one of the most stressful things about being pregnant.

Before you pack up the fam and hit the road...



IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

Family travel is a great way to combine fun and learning for:

While no one can guarantee your family vacation will be perfect, try to ensure you make the most of it by mixing the historic (learning) and the hysteric (fun):

- Check out the school curriculum and see if there is a fit to

what the kids are studying.

- Get some appropriate age level books about where you're travelling. Read them together.
- Introduce some typical foods of the country you're going to visit, prior to going, so they seem somewhat familiar to the

kids when you get there.

- Visit the websites for the tourism boards of the places you're going, and if you can, the hotels you'll be staying.
- Pick out a few local customs and explain how they came about, and why they're import-

ant to the country's residents.

- Prepare a quiz for the car or plane ride about where you're going, and afterwards, what you saw. **KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM/ OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH**

IN MONEY

Explore the science behind bank notes—from ancient Chinese paper to present day polymer.

28 SEPT. 2012 → 23 JUNE 2013

BANK OF CANADA
BANQUE DU CANADA

The Currency Museum of the Bank of Canada
215 Sparks Street, Ottawa, ON K1A 0G9 | www.currencymuseum.ca | FREE ADMISSION

Snap, Share, Win.



What does The Art of Sharing mean to you?

Share your photos and show us your idea of The Art of Sharing and you could win \$5,000 in photography equipment!

You can also share your other photos with us in The Metro Global Photo challenge for a chance to win a trip to Greenland.

Enter today at metrophotochallenge.ca and share your way to victory.



Retire the chicken-noodle combo and give trout a taste

Several thousand years ago, people discovered that exposing fish to intense amounts of salt and smoke was a great way of preserving the catch for later.

Today, our smoking techniques are considerably more refined, and we do it more for flavour than as a means of preservation. And that makes it a shame more people don't think to reach for smoked fish as an effortless way to add gobs of flavour to the foods they love.

Grocers generally sell a wide variety of both types of smoked fish. Salmon, for example, can be found with different seasonings and cuts, including thinly sliced, thick slabs and whole sides. Smoked salmon is particularly good for making dips and pates. When doing so, look for cheaper packages labeled "trimmings," which are small pieces.

Hot smoked fish, such as trout and mackerel, are delicious flaked into salads or tossed with warm pasta, especially with a cream sauce. That's why Smoked Trout Noodle Soup isn't as strange as it sounds. Smoked trout has a meaty texture similar to chicken. And the rich, smoky flavour is the perfect match for a soup thick with noodles.

1. In a large saucepan over medium-high, heat the oil. Add the garlic, carrots, onion, celery, peas, thyme and rosemary. Sauté for 5 minutes.

2. Add the chicken broth and bring to a simmer. Add the pasta and cook for 7 to 8 minutes, or until barely tender. Remove and discard the rosemary stem. Add the spinach and scallions and heat for 30 seconds. Season with salt and pepper.

3. Using a fork, flake and break up the trout into large bite-size chunks. Ladle the soup into serving bowls, then pile a bit of the trout in the centre of each.

THE ASSOCIATED PRESS

Ingredients

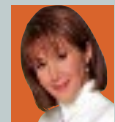
- 2 tbsp olive oil
- 1 clove garlic, minced
- 3 medium carrots, peeled and chopped
- 1 large yellow onion, diced
- 2 stalks celery, chopped
- 1 cup frozen peas
- 1 tbsp chopped fresh thyme
- Large sprig fresh rosemary
- 6 cups (1 1/2 quarts) chicken broth
- 2 cups elbow pasta
- 2 cups baby spinach
- 2 scallions, whites and greens, chopped
- Salt and ground black pepper
- 8-oz package smoked trout



This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

Healthy eating

Choose it and lose it



ROSE REISMAN
for more, visit
rosereisman.com

When burgers are loaded with cheese and bacon, you're just asking for an overload of all things unhealthy.

Wendy's Baconator

1,340 calories/ 91 gm fat/ 39 g saturated fat/ 2,840 mg sodium

You'll be lucky if you make it out of the restaurant without going into cardiac arrest after eating this burger's three patties, three cheese slices and nine bacon pieces.



Equivalent

Aside from being equivalent in fat to 10 Kobe style beef sliders from Milestones, Wendy's Baconator is also more than an entire day's worth of non-nutritional food.



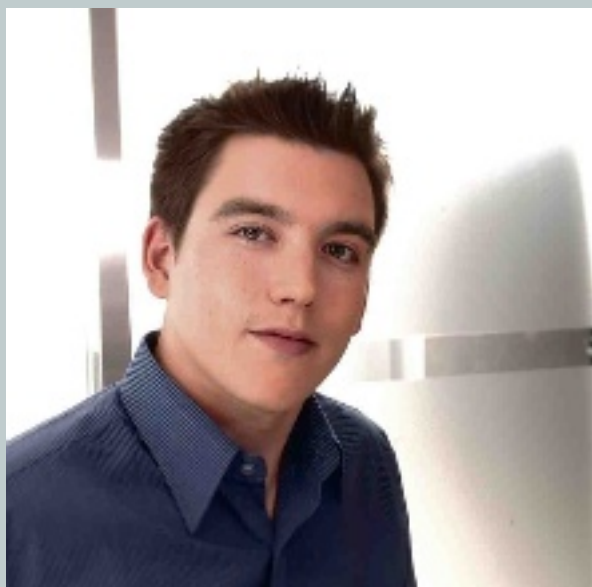
Wendy's 1/2 Pound Double

880 calories/ 49 gm fat/ 21 g saturated fat/ 1,450 mg sodium

Splurge on half a pound of meat, which is close to half the calories, fat and sodium. That's still high for a meal but an improvement.



The In-Credibility Factor



Terry Beech PROVIDED

Name: Terry Beech
City: Vancouver
Age: 31
Occupation: Co-founder and CEO of HiretheWorld



THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

As the youngest elected official ever in Canada (he was a city councillor for Nanaimo, B.C. when he was 18) Beech went on to co-create HiretheWorld. The online company is a marketplace for graphic design attracting designers from 132 countries.

I knew I was on my way when... I started running into happy customers. I'd be driving downtown and see a restaurant storefront that was entirely designed on my site. I flew to Heathrow in London and I had my HiretheWorld shirt on. A lady ran up to me and told me that her company logo had been done on my site.

A large majority of our business is word of mouth. We want to grow, grow,

and grow. We want to expand internationally and I'm excited about all the other entrepreneurial opportunities out there.

Action Plan

- Have an intense focus on value creation. Think about how you can make a person's life better rather than make another dollar. If you provide value to the consumer then the money will come.
- Surround yourself with amazing people who love what they do. Being an entrepreneur is hard enough and you don't need to waste your time and energy with employees who are just adequate. If you want to be a rock star surround yourself with rock stars and your odds of success will exponentially increase.
- Do not develop a fear about what other people think of you because it will prevent you from taking risks. I never regret the risk that went badly but I regret the risks I didn't take because I was playing it safe.

Catching the customer in your wonderful web

That's out of site!
How to make the most of your online efforts

Imagine you own a shoe store. It's in a busy shopping mall and has an inviting storefront with an attractive sign and window displays. You're almost guaranteed traffic — and probably sales, too, if you've got halfway decent products and prices.

Now picture that same shoe store on an out-of-the-way country road with a grimy window and a crooked sign. It doesn't matter how great your footwear is. You probably won't have enough customers to stay in business.

Now ask yourself which of those two stores most resembles your company's website. In today's business world, your website is your storefront. It could be the main way customers are finding you and forming an impression about you.

A properly designed site is especially important if your business is growing and you are trying to improve your profile. But many small businesses don't devote a lot of effort to



Prioritize your online domain and watch your customer base multiply. ISTOCK

The little site that could

A small, agile, creative company can be as effective online as a big company.

Mark Evans
Digital marketing and startup consultant

optimizing their site to ensure it's easily found via internet search engines and geared to help make sales.

Sites need improvement

"A well-designed site can help your company compete effectively with businesses that have deeper pockets and larger marketing budgets," says Michel Bergeron, Senior Vice President, Marketing and Public Affairs at the Business Development Bank of Canada.

Ranking high in search engine results is vital for your visibility online, Bergeron says. People rarely venture beyond the first page of a Google search result. Indeed, research indicates that websites appearing on the first page attract 90 per cent of the traffic.

Having a poorly optimized website can be a problem even if most of your sales don't happen over the Internet, says Mark Evans, a leading Canadian digital marketing and startup consultant.

"The Internet is the way most people discover new products and services."

Happily, small businesses can use simple, inexpensive tools to help level the playing field with large businesses, Evans says. "A small, agile, creative company can be as effective online as a big company."

Philip Murad has found a way to turn his website into a gold mine for his fast-growing business, Philip & Henry, which books magic shows for a network of magicians across North America. Murad's website accounts for three-quarters of his sales, which have been growing up to 30 per cent annually for the past decade.

Clean, simple layout

Visitors to Philip Murad's site are greeted with a clean, simple layout that's easy to navigate without a lot of scrolling or clicking. The site prominently displays links allowing them to get a price quote or book a show in their area. There's also a short YouTube video featuring happy customers, and contact information is easy to find at the top of the page.

NEWS CANADA

Magic tricks

Philip Murad's business website shows up on the first page out of 150 million results for the term 'magic shows.' A paid ad for Philip & Henry is the top result in a search for 'magician.'

- Murad credits years of experimentation with search engine optimization — the art of getting search engines like Google to rank your site near the top. He sprinkles his content with a few dozen keywords that describe his business and help him stand out from the competition.

Become a Health Industry Professional!

Health Office Administrator - 41 Week Diploma Program

The **Willis College** Health Office Administrator Diploma Program is an intensive 9-month program designed to prepare students for a career in Health Care. Graduates of the Willis College Health Office Administrator program can work in hospitals, medical offices, rehabilitation centres, long-term care facilities and work-from-home opportunities.

Ottawa • Smiths Falls • williscollege.com • 613-233-1128



WILLIS COLLEGE
OF BUSINESS, HEALTH AND TECHNOLOGY
EST. 1896



The class pet provides a lesson

Wild and wonderful.

Foundations helping teachers pay for in-school pets that enrich the learning experience

For many children, their first pet is a virtual one.

Experts say many children who enter the first grade can play video games but few have a pet to play with. And teachers say that's a shame, considering how animals — real ones — can enrich a child's upbringing.

So for a quarter of a century, educators such as Dawn Slinger in Farmington, Minn., have paid out of their own pockets to provide one for their classrooms. Only in the past few years have groups stepped in to help with the financial burden.

Two years ago, Pets in the Classroom, a Maryland-based project from the non-profit foundation Pet Care Trust, began offering grants to U.S. and Canadian teachers in grades 1 through 8. The money can be used to buy starter pets, cages, food and other supplies. It issued its 10,000th grant this summer.

The \$150 grants help offset the cost of the animal and its care, which helps teachers like Slinger who has been using her own money, said foundation executive director Steve King. Just an aquarium for a frog could cost more than a hundred dollars.

Teachers who apply for a second year or more get \$50 for additional equipment, food and supplies.

Parents tell Slinger their children are inspired by the animals and are excited about learning, she said.



Sssssso cool: Hailey Fink gets acquainted with a corn snake in the first grade classroom of Dawn Slinger in Farmington, Minn. JIM MONE / THE ASSOCIATED PRESS

Slinger said that out of a class of children — hers last year had 26 — “maybe six will have pets at home, usually a cat or dog. Not many will have reptiles.”

Since taking her class, “several students have got 10 hermit crabs or fish for their houses. One got a lizard and one is working on a snake.”

The decision over what kind of pet to get lies with the teacher. Slinger chose hers because they fascinate children, their temperaments are right and they don't bother students with allergies or asthma, she said.

Concerns from parents over disease, allergies and

Learning at all levels

“First, I said absolutely no. Then Wayne said, ‘Come see the snakes in class.’ Even Grandma came. We petted it. I never knew they were soft.”

Heidi Keating
On being asked by her son to check out

exposure to waste have led to bans or limits on animals in some classrooms, although service animals are allowed in most schools. The Pet Care Trust leaves it to the teachers to know their students and parents,

and King said teachers and students must follow cleanliness guidelines.

Among applications for first-time grants, the most popular choices for classroom pets were small mammals, like hamsters, guinea pigs, rats and rabbits, King said. That was followed by aquarium pets, reptiles and amphibians, then birds, he said.

Classroom pets also have been enlightening for some families. Heidi Keating said her eight-year-old son Wayne has been begging for a snake since he was in Slinger's class last year.

“First, I said absolutely no. Then Wayne said, ‘Come see the snakes in

class.’ Even Grandma came. We petted it. I never knew they were soft. I am a little more open at this point,” she said.

Keating said the family wants to encourage his interest, so they took Wayne to a reptile zoo for his birthday.

“It helps me get over my fears too,” she said. “I am learning. I am honest about it, and he knows I am coming along with it. His (five-year-old) sister Quincy is too. When she had her face painted, she wanted a snake.”

But until Wayne is a little older, he'll have to settle for the four-month-old basset hound puppy the

Swimming in smart

Pet Care Trust first started introducing pets to classrooms through a joint venture with the Florida Aquarium in Tampa five years ago

A classroom fish project gave participating teachers a 150-gallon aquarium, supplies and fish. Nearly 200 classrooms in the Tampa area got aquariums, and a similar program was started in Chicago.

- Slinger believes the cost is worth the experience for her students. She builds lessons around two miniature Russian tortoises, a fire-belly newt, tree frogs, three types of gecko, several hermit crabs, two small ball pythons, a corn snake and a 45-gallon tank of fish.

- Students observe and draw the animals, and research and write about them. When the school year is over, each student's work becomes a book.

Keatings got recently.

Classroom pets also can be incentives for good grades, as when some teachers allow students to care for the animals when school is out, King said. Slinger visits her classroom pets two or three times a week during summers and vacations.

As for the animals that don't return for another school year, that's a learning moment too, King said.

“Lifespan is part of the life lesson that comes with having a classroom pet,” he said.

THE ASSOCIATED PRESS

Career Bear

I've got details on flexible careers, jobs with the fastest salary growth, keys to loving your job and the schools and tools in your area to help you become what YOU want to be.

Don't just dream about your new career...

Get there with **CareerBear.com**



Go to **CareerBear.com**
for your chance to

WIN

1 of 4 weekly prizes of an Apple
Macbook Pro with Retina display!

“Apple” and “MacBook Pro” are trademarks of Apple Inc. Apple Inc. is not a sponsor of, nor a participant in this promotion. To register and for full contest details, visit clubmetro.com

A balancing act for students of today

Practical pupils.

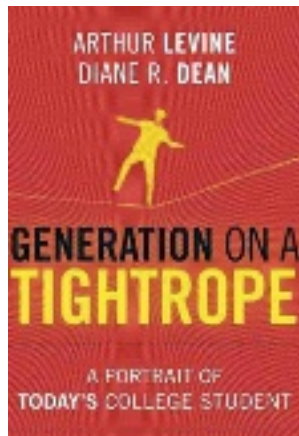
Author points to a generation of scholars who feel compelled to bring in the cash

BRUCE WALSH
Metro World News in Philadelphia

Arthur Levine has been studying the zeitgeist of college students since 1980, when he published an important study on the core beliefs and attitudes of students, *When Dreams and Heroes Died*.

But every 10 years or so Levine is forced to start again from scratch; a new generation emerges with completely different fears, hopes and convictions. His latest, *Generation on a Tightrope*, co-authored with Illinois State professor Diane R. Dean, is one of the most thorough studies of millennial students to date.

The authors surveyed more than 5,000 students and 270 student affairs of-



ficers and conducted focus groups on more than 30 campuses. For Levine, one result stands out among the piles of data: This is the most practical-minded generation he has ever studied.

Levine entered the project believing 9-11 would be a shared, defining moment for millennials, similar to the Great Depression and Vietnam for previous generations. But he quickly discovered that the advent of the Internet and the economic

crash of 2009 were far more influential. "More of them feel that money is critically important than we've seen in the past. They pick majors that they think will earn them money as opposed to what they want to study," explains Levine. "And, who can blame them? It's a scary time to be growing up. This is a generation that works more hours while going to college than ever before — just in order to afford it."

Strengths and weaknesses

Levine notes that, like every generation, Millennials have strengths and weaknesses.

"Race relations have improved dramatically. This generation tends to be wonderful at working in diverse groups. They are terrific at networking and building teams. However, they seem to be very dependent on adults — more so than before. They want someone to set the rules for them. And that could be a problem, because we're entering into a period in which change will be the norm."



Discover More at Everest College

Everest College is a place where you can realize your potential for a new career in **Law Enforcement Foundations**.

Find out how you can achieve more with Everest College.

Some law enforcement professions in Canada have specific educational and physical requirements for employment. Those considering enrolling in the Law Enforcement Foundations program should become familiar with the qualifications for entry-level positions with individual organizations. If you have a criminal record, it may be difficult to find employment in this industry.

Ottawa East • Ottawa West

16 CONVENIENT LOCATIONS IN ONTARIO

Everest College is the largest private career college in Ontario with more than 9,000 enrollments in Ontario annually.

Everest
COLLEGE

BUSINESS • TECHNOLOGY • HEALTH CARE

• Career services assistance available to graduates • Morning and afternoon classes available
• Programs and schedules vary by campus

Call Now for More Information!

1-877-421-7677 Visit us online at **www.EverestCanHelp.ca**



UNIVERSITY OF OTTAWA
HEART INSTITUTE
INSTITUT DE CARDIOLOGIE
DE L'UNIVERSITÉ D'OTTAWA

Attention Smokers ARE YOU READY TO QUIT?

Researchers at the University of Ottawa Heart Institute are seeking participants for a clinical research study that may help them quit smoking.

If you are a daily smoker, are interested in quitting and are willing to use Health Canada approved quit smoking medications, you may be eligible.

For more information please contact us at the Heart Institute Prevention and Wellness Centre.



613-761-4040
quit@ottawaheart.ca

This study has been reviewed and approved by the University of Ottawa Heart Institute Human Research Ethics Board.



CANADA'S LARGEST INTERNATIONAL UNIVERSITY AND STUDENT TRAVEL EXPO

STUDY AND GO ABROAD FAIRS

STUDY • TRAVEL • WORK • VOLUNTEER

Wednesday
September 26
3 pm - 7 pm

Ottawa Convention Centre



Scan here to pre-register online and enter our Grand Prize Draws

www.studyandgoabroad.com



GO STUDY

CANADIAN STUDENT

metr

GO

Student Inquiry.org

TalentEgg

studentawards.com

AIR CANADA

FRENCH, ENGLISH as a SECOND LANGUAGE



PART TIME

12 weeks (36 hours in class and 36 hours online)

FRENCH AS A SECOND LANGUAGE (9 LEVELS)

Week of September 24, 2012

Evenings: 6 pm to 9 pm (9 Levels)

Saturdays: 9am to noon (6 Levels)

ENGLISH AS A SECOND LANGUAGE (6 LEVELS)

Week of September 24, 2012

Evenings: 6 pm to 9 pm

FULL TIME

4 weeks (60 hours in class and 60 hours online)

FRENCH AS A SECOND LANGUAGE (4 Levels)

September 10 to October 5, 2012

Level 1 and 3 – 9 am to noon;

Level 2 and 4 – 12:30 pm to 3:30 pm;

Level 5 and 6 – please check our website

October 15 to November 9, 2012

Level 1 and 3 – 12:30 pm to 3:30 pm;

Level 2 and 4 – 9 am to noon;

Level 5 and 6 – please check our website

FEES: \$35.00

(Immigrants, new Canadians, Refugees whose language is neither English nor French)

Éducation Permanente
181 Donald St., Ottawa
Tel. 613-741-2304 ext. 3
Fax 613-741-2191



www.educationpermanente.ca

Pinch pennies while hitting the books

That makes cents.
There are plenty of ways to save while funding your studies

A novel idea

Take heed of this book's sage advice.

- To reduce your education costs, you can buy used books and sell the ones you no longer need, or trade them for books you will need later. Check with local consignment shops for more information.

Although post-secondary education is expensive, there are several ways to reduce costs and the financial weight of going to school.

These ways are described in a new online guide, Paying for Post-Secondary Education from the Financial Consumer Agency of Canada (@FCACan), available at itpaystoknow.gc.ca.

This guide has tips students can use right away. For example, even though it is easy to get credit cards on campus, you should use credit cards carefully and avoid using them at all if you cannot pay off the entire balance at the end of each month.

Also, you can reduce bank fees by using the automatic banking machines (ABMs) of your own financial institution rather than other institutions' machines. You can pay more

than \$8 in fees for withdrawing money from an ABM that does not belong to your financial institution.

Other ways to save

Living in your own place while you go to school may be a wonderful experience, but it is much more expensive than living with your parents. In 2009, the average expenses over a four-year program for a student living alone were \$77,132, compared with \$51,763 for a student living at home — a differ-

ence of \$25,369. If you cannot live with your parents, consider living with roommates. Sharing accommodation is usually much cheaper than living in a student residence or in your own apartment.

Tuition fees often include medical and dental insurance. However, you can usually waive the coverage provided by the school if you are already covered by your parents' or your employer's insurance plans. If you choose not to have the coverage, the cost of the insurance that would have been included automatically in your tuition fees will usually be refunded to you. This may amount to several hundred dollars a year, depending on the school's insurance plan.

Public transit passes may also be included in tuition fees, or you may get a student discount. Your student card is also a good savings tool, as many businesses offer discounts for students with cards. Ask your school's student association to give you a list of businesses offering student discounts.

NEWS CANADA

CONSIDER A CAREER AS A PARALEGAL

Did you know that to practice as a Paralegal in Ontario you must be licensed by the Law Society of Upper Canada (LSUC)? In order to write the LSUC licensing exam, you must graduate from a program of study accredited by LSUC.

The paralegal program at Algonquin Careers Academy is accredited by LSUC. The objective of this program is to provide both theoretical and "hands-on" training in the key areas of paralegal work and to ensure the student is prepared to successfully undertake the Law Society's licensing exam.

The need for well-trained, competent legal professionals has never been greater. Paralegals may find employment in a wide variety of workplaces, including:

- Government (Federal, Provincial, Municipal)
- Advocacy agencies
- As a Self-Employed Paralegal
- Law and Paralegal Firms
- Courts (Federal and Provincial)
- Legal Clinics
- Banks/Financial Institutions
- Insurance Companies
- Large Corporations



PART-TIME EVENING CLASSES NOW AVAILABLE

You can complete this program in less than one year by attending school full time, Monday to Friday.

This program can be completed part time through evening and weekend classes.

ALGONQUIN CAREERS ACADEMY

1830 Bank Street 613-722-7811 www.algonquinacademy.com

2012 National Capital Project Management Symposium

October 15-17, 2012

HAMPTON INN OTTAWA & CONFERENCE CENTRE

Discover Creativity and Innovation in Project Management

Participate in a variety of dynamic and interactive sessions that will inspire and provide you with new skills, networking capabilities and professional development towards your career!



PMI

REGISTER NOW!

WWW.PMIOVOC.ORG • INFO@PMIOVOC.ORG

NHL

Owners, union to discuss revenue

The NHL and NHL Players' Association are set to meet for the first time in nearly two weeks, but a discussion about a new collective bargaining agreement isn't on the agenda.

Instead, the sides will discuss the accounting for last season's hockey-related revenue when they sit down together on Monday morning in Toronto.

It's the first time they've met since Sept. 12, when each side tabled a proposal.

THE CANADIAN PRESS

CFL

Alouettes roll past Ray-less Argos

Victor Anderson and Trent Guy each scored two touchdowns as the Montreal Alouettes tightened their grip on first place in the East Division on Sunday with a 31-10 win over the Toronto Argonauts, who lost quarterback Ricky Ray to a knee injury.

Montreal (8-4), with its sixth win in seven games, moved four points clear of second-place Toronto (6-6).

Ray left late in the opening quarter after he collided with a teammate while completing a pass to Jeff Johnson. Coach Scott Milanovich said tests will be needed to determine the extent of the knee injury.

THE CANADIAN PRESS



Toronto's Chad Owens, left, battles for the ball with Rod Davis in Montreal on Sunday.
GRAHAM HUGHES/THE CANADIAN PRESS



Titans quarterback Jake Locker passes as Lions defenders converge on him on Sunday in Memphis, Tenn. JOE ROBBINS/GETTY IMAGES

Titans avoid Titanic collapse in overtime

NFL. Detroit's frantic comeback attempt falls short in wild overtime game in Tennessee

Call this one Music City Mayhem.

The Tennessee Titans are winless no more after an unforgettable overtime victory over the Detroit Lions featuring an endless stream of big plays, and some suspect officiating.

Rob Bironas kicked a 26-yard field goal in overtime, and the Titans stopped backup quarterback Shaun Hill on fourth-and-one at the Tennessee seven to finally pull out a 44-41 win Sunday.

The Titans (1-2) blew a 20-9

Around the NFL

- **Chiefs 27, Saints 24 OT.** Ryan Succop kicked six field goals, one to force overtime in the final seconds and another from 31 yards to lift Kansas City to its first win and keep New Orleans winless.
- **Bills 24, Browns 14.** Ryan Fitzpatrick threw three touchdown passes and Buffalo overcame the loss

of running back C.J. Spiller in snapping an eight-game road losing streak in Cleveland.

- **Jets 23, Dolphins 20 OT.** New York's Nick Folk received a reprieve when his blocked field-goal attempt was negated by a timeout, and his second try was a successful 33-yarder with 6:04 left in overtime.

halftime lead in a game featuring huge scoring swings. They became the first NFL team to score five touchdowns of 60 yards or longer in a single game.

Detroit scored 18 straight points, then Tennessee answered with 21 points before the Lions scored the final 14 of regulation in a span of 18 seconds — the first team to do

that since at least 1983, according to STATS LLC.

The touchdown that forced overtime came on a tipped desperation pass after Detroit recovered an onside kick and got an assist from the replacement officials who did not review a possible turnover.

"Both of us looked at each other and said, 'We've never been through something like this in our lives,'" Titans coach Mike Munchak said of Detroit coach Jim Schwartz, a former colleague in Nashville. "It's hard to put in words what to say about that. We both could've won in so many ways."

A total of 46 points came in the fourth period. Then in overtime, Bironas' third field goal put Tennessee ahead to stay.

THE ASSOCIATED PRESS

4 SPORTS

Mobile sports



Qriket

Manny Pacquiao has made another concession in offering to take less money and relent top-billing in order to entice Floyd Mayweather Jr. into the ring, yet boxing's long-awaited super-fight is still far from a sure thing.

EXPLORE YOUR CAREER OPPORTUNITIES

- Meet leading business and regulatory professionals in Healthcare, Finance & Accounting, Information & Communications Technologies, and Engineering
- Learn how to prepare yourself for a career in Canada

DISCUSS • LEARN • NETWORK

October 16, 2012
Ottawa Convention Centre
55 Colonel By Drive, Ottawa

Limited Space
REGISTER NOW

Delivered in Partnership by:

ALGONQUIN COLLEGE

la cité collégiale
Le Collège des meilleures pratiques

WORLD SKILLS
COMPÉTENCES MONDIALES

Funded by:

Ontario Canada

OTTAWA

Internationally Educated Professionals Conference

Adapting your Career and thriving in Canada
Explore Opportunities. Make Connections. Establish Roots.

algonquincollege.com/iep

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	88	64	.579	—
Baltimore	87	65	.572	1
Tampa Bay	83	70	.542	5½
Boston	69	85	.448	20
Toronto	66	85	.437	21½

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	81	70	.536	—
Detroit	80	71	.530	1
Kansas City	70	81	.464	11
Minnesota	63	89	.414	18½
Cleveland	62	90	.408	19½

WEST DIVISION

	W	L	Pct	GB
Texas	89	62	.589	—
Oakland	86	66	.566	3½
Los Angeles	83	69	.546	6½
Seattle	72	80	.474	17½

Sunday's results

Minnesota 10 Detroit 4 (1st game)

Oakland 5 N.Y. Yankees 4

Boston 2 Baltimore 1

Tampa Bay 3 **Toronto 0**

Cleveland 15 Kansas City 4

L.A. Angels 4 Chicago White Sox 1

Texas 3 Seattle 2

Minnesota at Detroit (2nd game)

Saturday's results

N.Y. Yankees 10 Oakland 9 (14 innings)

Baltimore 9 Boston 6 (12 innings)

Detroit 8 Minnesota 0

Kansas City 5 Cleveland 3

Tampa Bay 11 Toronto 5

L.A. Angels 4 Chicago White Sox 2

Seattle 1 Texas 0

Monday's games — All Times Eastern

Toronto (H.Alvarez 9-13) at Baltimore (S.Johnson 3-0), 4:05 p.m., 1st game

Kansas City (Hochevar 8-14) at Detroit (Verlander 15-8), 7:05 p.m.

Toronto (R.Romero 8-14) at Baltimore (W.Chen 12-9), 7:35 p.m., 2nd game

Oakland (Strally 2-1) at Texas (D.Holland 11-6), 8:05 p.m.

Cleveland (McAllister 5-8) at Chicago White Sox (Sale 17-7), 8:10 p.m.

N.Y. Yankees (Pettitte 4-3) at Minnesota (Hendriks 1-7), 8:10 p.m.

Tuesday's games

Cleveland at Chicago White Sox, 2:10 p.m.

Kansas City at Detroit, 7:05 p.m.

Toronto at Baltimore, 7:05 p.m.

Tampa Bay at Boston, 7:10 p.m.

Oakland at Texas, 8:05 p.m.

N.Y. Yankees at Minnesota, 8:10 p.m.

Seattle at L.A. Angels, 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
z-Washington	92	60	.605	—
Atlanta	88	65	.575	4½
Philadelphia	77	76	.503	15½
New York	69	83	.454	23
Miami	66	87	.431	26½

CENTRAL DIVISION

	W	L	Pct	GB
x-Cincinnati	92	60	.605	—
St. Louis	82	71	.536	10½
Milwaukee	79	73	.520	13
Pittsburgh	75	77	.493	17
Chicago	59	94	.386	33½
Houston	50	103	.327	42½

WEST DIVISION

	W	L	Pct	GB
x-San Francisco	89	63	.586	—
Los Angeles	78	74	.513	11
Arizona	77	75	.507	12
San Diego	72	80	.474	17
Colorado	58	94	.382	31

z-clinched playoff berth

Sunday's results

N.Y. Mets 3 Miami 2

Atlanta 2 Philadelphia 1

Milwaukee 6 Washington 2

Pittsburgh 8 Houston 1

St. Louis 6 Chicago Cubs 3

Arizona 10 Colorado 7

San Diego 6 San Francisco 4

L.A. Dodgers at Cincinnati

Saturday's results

Washington 10 Milwaukee 4

St. Louis 5 Chicago Cubs 4, 10 innings

N.Y. Mets 4 Miami 3

Atlanta 8 Philadelphia 2

Cincinnati 6 L.A. Dodgers 0

Houston 4 Pittsburgh 1

Arizona 8 Colorado 7

San Francisco 8 San Diego 4

Monday's games — All Times Eastern

Milwaukee (Estrada 4-6) at Washington (Zimmermann 11-8), 1:05 p.m.

Pittsburgh (McPherson 0-1) at N.Y. Mets (Mejia 0-1), 7:10 p.m.

St. Louis (Lynn 16-7) at Houston (Abad 0-5), 8:05 p.m.

Arizona (Cahill 12-11) at Colorado (Chatwood 4-5), 8:40 p.m.

Tuesday's games

Washington at Philadelphia, 7:05 p.m.

Miami at Atlanta, 7:10 p.m.

Milwaukee at Cincinnati, 7:10 p.m.

Pittsburgh at N.Y. Mets, 7:10 p.m.

St. Louis at Houston, 8:05 p.m.

Chicago Cubs at Colorado, 8:40 p.m.

L.A. Dodgers at San Diego, 10:05 p.m.

Arizona at San Francisco, 10:15 p.m.

RAYS 3, BLUE JAYS 0

	ab	r	h	bi	Tampa Bay	ab	r	h	bi
Lawrie 3b	4	0	0	0	DJnngs lf	3	1	1	0
Rasms cf	4	0	0	0	BJupton cf	4	1	1	1
Encrnc dh	4	0	1	0	Zobrist ss	2	1	1	0
Lind 1b	3	0	0	0	Longori 3b	4	0	2	2
Arencii c	4	0	0	0	Scott dh	3	0	0	0
YEscor ss	3	0	3	0	BFrncs ph-dh	1	0	0	0
KJhnsn 2b	3	0	1	0	Kppngr 2b	3	0	0	0
Sierra rf	4	0	0	0	RRorts 2b	1	0	0	0
Gose lf	4	0	2	0	Joyce rf	3	0	1	0
C.Pena 1b	3	0	1	0					
Vogt c	2	0	0	0					
JMolin c	1	0	0	0					
Totals	33	0	7	0	Totals	30	3	7	3

Toronto000000—0

Tampa Bay1000002x—3

DP—Toronto 1. LOB—Toronto 9, Tampa Bay 6.

2B—Gose (6), Longoria (13), Joyce (18).

CFL

WEEK 13

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	12	8	4	0	332	337	16
Toronto	12	6	6	0	288	305	12
Hamilton	12	4	8	0	353	381	8
Winnipeg	12	3	9	0	235	377	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
B.C.	12	9	3	0	317	222	18
Calgary	12	7	5	0	337	287	14
Saskatchewan	12	6	6	0	314	259	12
Edmonton	12	5	7	0	265	275	10

Week 13

Sunday's results

Montreal 31 Toronto 10

Saskatchewan 30 Calgary 25

Saturday's result

B.C. 19 Edmonton 18

Friday's result

Winnipeg 34 Hamilton 12

Week 14

Friday, Sept. 28 — All Times Eastern

Montreal at Hamilton, 7 p.m.

Edmonton at Calgary, 10 p.m.

Saturday, Sept. 29

Toronto at Winnipeg, 7 p.m.

B.C. at Saskatchewan, 10 p.m.

ALOUETTES 31, ARGONAUTS 10

First Quarter

Mtl — TD Anderson 40 pass from Calvillo

(Whyte convert) 3:56

Mtl — FG Whyte 10:38

Tor — FG Waters 34 14:20

Second Quarter

Mtl — TD Guy 9 pass from Calvillo (Whyte convert) 10:26

Tor — FG Waters 36 12:39

Third Quarter

Mtl — TD Guy 129 missed FG return (Whyte convert) 4:13

Tor — Single Waters 35 8:38

Mtl — TD Anderson 5 run (Whyte convert) 13:14

Fourth Quarter

Tor — Safety Whyte concedes 10:00

Tor — Single Waters 60 11:28

Toronto

3313

Montreal

107140

Attendance — 23,209 at Montreal.

TEAM STATISTICS

	Tor	Mtl
First downs	15	21
Yards rushing	94	124
Yards passing	228	315
Total offence	322	439
Team losses	20	6
Net offence	302	433
Passes made-ried	18-35	15-29
Return-yards	141	168
Intercepts-yards by	2-0	1-0
Fumbles-lost	1-0	1-0
Sacks by	0	2
Punts-average	8-50.0	5-43.3
Penalties-yards	12-89	9-63
Time of possession	29:58	30:02

INDIVIDUAL STATISTICS

Rushing: Tor — Kackert 13-84, Owens 1-8, J.Jackson 1-2; Mtl — Anderson 17-76, Jennings 5-23, McPherson 3-13, Calvillo 1-12.

Receiving: Tor — Owens 6-87, Inman 3-65, Bradwell 3-31, Johnson 2-20, Rambo 2-12, Watt 1-10, Kackert 1-3; Mtl — London 5-118, Richardson 4-79, S.Green 2-58, Anderson 3-51, Guy 1-9.

Passing: Tor — Rays 3-4, 30 yards, 0 TDs, 0 ints, J.Jackson 15-31-198-0-1; Mtl — Calvillo 15-29-315-2-2.

Horoscopes

Aries

March 21 - April 20
Keep things simple this week because if you lose focus you will get confused and make it easy for your rivals to get the better of you – and no way should they ever be better than you.

Taurus

April 21 - May 21
Ever had the feeling that you are repeating yourself? If you get it today you must stand back from what you are doing and try to remember when and where it occurred before. It could save you money.

Gemini

May 22 - June 21
Think carefully about what you are about to do and don't do it unless you are absolutely sure it is right and proper. The planets indicate you won't lose out by being a bit more cautious than usual.

Cancer

June 22 - July 23
The most important thing now is that you are clear in your own mind about your feelings and motivations. Time spent thinking will not be time lost. On the contrary, it's an investment in your future success.

Leo

July 24 - Aug. 23
It would be wise to compromise with loved ones and colleagues today, even if you honestly believe that you are right and they are wrong. They have the power to make life uncomfortable for you if they so choose.

Virgo

Aug. 24 - Sept. 23
You have important things to do and you cannot afford to waste time on small talk or idle chatter. You may have to be blunt, even rude, with people who seem unable to raise their sights as high as your own.

Libra

Sept. 24 - Oct. 23
You are the most important person in your life and must always put yourself first. That might sound selfish but until you take care of your own needs and desires you won't be able to take care of others.

Scorpio

Oct. 24 - Nov. 22
What you learn today will in some small but important way change how you look at the world. Just because different people have different ways of seeing does not mean that one is right and one is wrong.

Sagittarius

Nov. 23 - Dec. 21
Make peace with rivals and enemies. You have more important things to do with your time than waste it on petty feuds. The good news? Someone you meet on your travels could turn out to be your new best friend.

Capricorn

Dec. 22 - Jan. 20
Stop complaining that things never go right for you and take charge of your own destiny. If you look for the pattern behind your existence you will find it, and once you have found it you will find happiness too.

Aquarius

Jan. 21 - Feb. 19
You need to be a bit more active and assertive. You can, if you wish, sit back and let life come to you but at some point in the future you will look back and wish you had been more ambitious.

Pisces

Feb. 20 - March 20
Someone you usually get along with will say something critical today and if you are smart you will act on their comments. When a true friend gives you a warning you should take it as a wake-up call. **SALLY BROMPTON**

Mishmash

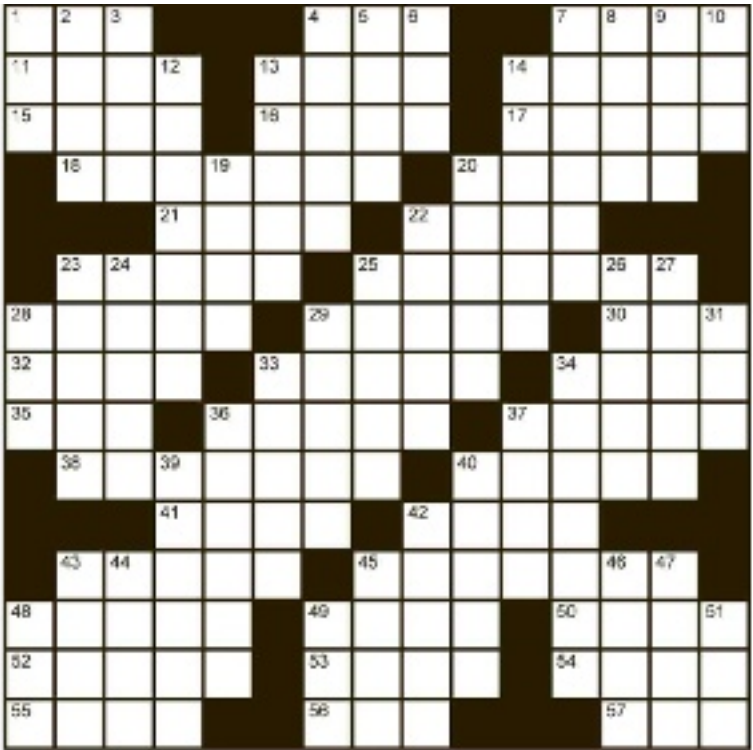
Across

- 747, 767, or 777
- Cut grass
- Dart here and there
- Affirm confidently
- ___ Scotia
- Greek Mediterranean island that was the centre of the Minoan civilization
- ___ noire: frightful thing
- Couturier ___ Saint Laurent
- Excessive hurry
- Third-largest municipality in 25-Across (2 wds.)
- He-man's antithesis
- "Blueberry Hill" singer ___ Domino
- Animals, to hunters
- One-armed bandits, for short
- Canada's first province, alphabetically
- Cognizant of one's surroundings
- Battle wounds
- Big ___: large truck
- "My name is ___, James ..."
- Odin's mythology
- Equine female
- Before: poetic
- Steams up
- DSL need
- 25-Across's northern member of the CFL
- Bathroom floor worker
- Wedding day exchanges (2 wds.)
- "The Seven Deadly ___"
- Toy bear named for a US president

- Vancouver CFL team (2 wds)
- "En ___!": fencer's alert
- Apple covering
- Tidy
- Foreigner
- Broadway award
- Big truck
- A person's equal
- Tidbit for an aardvark
- Bear's hibernation spot

Down

- Boxing blow
- Any time
- Head: Fr.
- Relocates
- Done
- Existed
- The longest river in BC
- Not more
- Teen
- Golf stand
- Sundance Film Festival founder Robert
- Kremlin denials
- Musical bells
- Go out with
- Bladed weapon
- Drinking vessel
- Said "#@&\$!!"
- Country roads
- 43,560-square-foot units
- Occupation
- Broadcaster
- "Honest ___": President Lincoln
- Individual performances at a concert
- Amethyst or tourmaline
- Leonard ___: Star



Copyright © 2012 Michael Wiesenberg

Trek's Spock portrayer
34. Beer that had the "I Am Canadian" ad campaign
36. Word after debt or guilt meaning "overwhelmed by"
37. BMW subcompact model taken over from Rover in 2000
39. Margot ___: Yellowknife-born Lois Lane

portrayer in four Superman movies
40. Canadian actress and poker player Jennifer (Oscar-nominated for Bullets Over Broadway) or younger sister actress Meg
42. A bloodhound follows one
43. Dickens' A ___ of Two Cities
44. Great Lake

45. ___ the lookout for: watch for (2 wds.)
46. Require
47. Identical
48. "Mind the ___": London Underground warning
49. School fund-raising grp.
51. Frontier badge material

Friday's Crossword



What's online

See today's answers at metronews.ca/answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's Sudoku

5	9	7	4	8	2	1	3	6
8	2	1	5	7	3	8	9	4
6	4	3	1	6	8	7	5	2
7	5	8	9	2	1	4	6	3
9	1	0	3	4	7	6	2	5
4	3	2	8	5	6	9	7	1
1	6	9	2	3	8	5	4	7
3	7	5	6	9	4	2	1	8
2	8	4	7	1	5	3	6	9

Today

16°/10°
Variable

Tuesday

20°/8°
Partly sunny

Know what the weather will be 14 days from now.
Check the 14 day trend.

©The Weather Network 2012

Sharability



easy

hard

QuestChat™
feel the rush

TRY IT FREE!
613.232.4444
Other Cities 1.888.482.8282

1.800.677.6444 • \$0.55/min
Dial #CHAT(62428) • 79/min
Text #QUEST to 96889 25/10 min
*Price limit not applicable to 140+41

f questchat.com



MEGA AUTOMOBILE

THE AUTOMOBILE SUPERSTORE!

UP TO 800 QUALITY USED VEHICLES
LOWEST PRICES GUARANTEED!

NO ADMIN FEE, NO DELIVERY FEE,
SAFETY & E-TEST AT NO EXTRA CHARGE!



GREAT DEALS ON LUXURY CARS!



GREAT DEALS ON FUEL SAVERS!

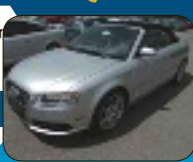


09 Audi A4 Quattro

• CONVERTIBLE, AWD, Loaded, Lthr
• st: 33874
• km: 23268

\$32,950

*297**
Bi-weekly

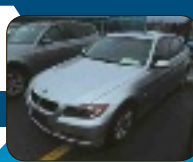


08 BMW 328i

• Loaded, A/C, Lthr, Roof, Auto
• st: 33765
• km: 92648

\$19,650

*216**
Bi-weekly



09 Lexus RX350

• AWD, Loaded, NAV, Lthr, Roof, Auto
• st: 32760
• km: 61296

\$32,850

*296**
Bi-weekly

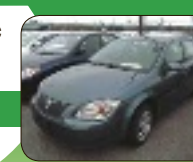


07 Pontiac G5 se

• Loaded, A/C
• st: 33310
• km: 60796

\$6,950

*76**
Bi-weekly

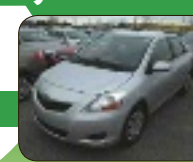


09 Toyota Yaris

• Loaded, A/C
• st: 12287-A
• km: 50295

\$9,960

*95**
Bi-weekly

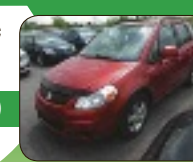


08 Suzuki SX4

• Loaded, A/C
• st: 33948
• km: 50342

\$8,960

*98**
Bi-weekly



08 Infiniti EX35

• AWD, Loaded, A/C, Roof, Lthr
• st: 33822
• km: 105315

\$19,880

*218**
Bi-weekly



08 Benz B200

• Loaded, A/C, Auto
• st: 34280
• km: 71303

\$16,950

*186**
Bi-weekly



08 Benz C230 4Matic

• AWD, Loaded, Lthr, Roof, Auto
• st: 34149
• km: 40268

\$25,980

*272**
Bi-weekly

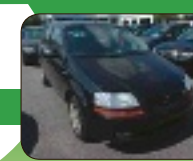


07 Wave

• Std
• st: 34093
• km: 79214

\$5,960

*65**
Bi-weekly



07 Spectra LX

• Auto
• st: 33706
• km: 33022

\$8,470

*93**
Bi-weekly



09 Chevrolet Aveo LS

• A/C, Auto
• st: 31053-A
• km: 66333

\$8,820

*84**
Bi-weekly



08 Volvo XC90

• AWD, Loaded, Roof, Lthr
• st: 33566
• km: 44617

\$26,950

*283**
Bi-weekly



08 Benz ML350 4Matic

• NAV, Loaded, Lthr, Roof, A/C
• st: 33735
• km: 63039

\$29,995

*356**
Bi-weekly



11 BMW 323

• AWD, Loaded, Roof, Lthr, Auto
• st: 33997
• km: 39143

\$29,740

*237**
Bi-weekly



11 Ford Fiesta SE

• Loaded, A/C, Auto
• st: 33517
• km: 50713

\$13,980

*119**
Bi-weekly



08 Cobalt LS

• Std
• st: 34124
• km: 72981

\$6,570

*72**
Bi-weekly



07 Suzuki Swift

• Loaded, A/C
• st: 33291
• km: 48697

\$7,340

*81**
Bi-weekly



08 BMW X3

• AWD, Loaded, Roof, Lthr, Auto
• st: 33285
• km: 51156

\$29,650

*311**
Bi-weekly



07 Cadillac CTS

• Loaded, A/C, Lthr, Auto
• st: 33383
• km: 64065

\$16,930

*186**
Bi-weekly

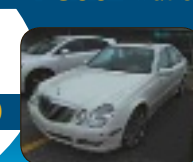


09 Benz E300 4Matic

• NAV, Loaded, Lthr, Roof, A/C
• st: 33686
• km: 46356

\$33,840

*305**
Bi-weekly

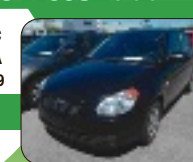


08 Accent GLS

• Loaded, A/C
• st: 12245-A
• km: 109989

\$6,380

*70**
Bi-weekly

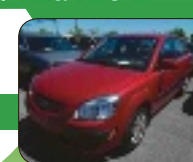


09 Kia Rio LX

• Std
• st: 34055
• km: 88234

\$7,970

*76**
Bi-weekly

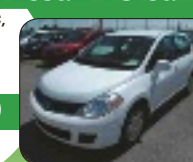


08 Nissan Versa

• Loaded, A/C, Auto
• st: 33909
• km: 97172

\$8,940

*98**
Bi-weekly



UNBEATABLE OFFERS ON ALL MAKES & MODELS

11 FORD E350 XLT SUPER DUTY

LOADED, A/C • 14223km
st:34214 • **\$25,860** • bw:\$206**

08 MAXIMA 3.5SE

LOADED, A/C, AUTO • 89027km
st:34120 • **\$14,870** • bw:\$163*

12 FOCUS TITAN NAV

LOADED, A/C, ROOF, LTHR • 20643km
st:33719 • **\$23,880** • bw:\$191**

08 HONDA CR-V 4WD

LOADED, A/C, AUTO • 87593km
st:33494 • **\$16,460** • bw:\$181*

11 AVENGER SXT

LOADED, A/C, ROOF, AUTO • 20276km
st:33541 • **\$16,850** • bw:\$143**

10 MINI COOPER CLUBMAN

LOADED, LTHR, ROOF • 71969km
st:33620 • **\$21,650** • bw:\$173**

11 SIENNA LE

LOADED, A/C • 33084km
st:34167 • **\$25,850** • bw:\$214**

08 SAAB 9-3 2.0T

LOADED, A/C, LTHR, ROOF • 90901km
st:33488 • **\$13,980** • bw:\$154*

09 ESCAPE XLT 4WD

LOADED, A/C, AUTO • 96465km
st:32908-A • **\$14,860** • bw:\$142**

07 MAZDA CX-7 AWD

LOADED, A/C • 97217km
st:34169 • **\$12,860** • bw:\$141*

10 MAZDA 3

STD • 31765km
st:34201 • **\$10,970** • bw:\$93**

07 MAGENTIS LX

LOADED, A/C • 100505km
st:34194 • **\$7,980** • bw:\$88*

07 TUCSON GLS

LOADED, A/C • 91780km
st:34027 • **\$8,970** • bw:\$99*

10 FORD RANGER SPORT

A/C, AUTO • 49960km
st:33722 • **\$14,900** • bw:\$127**

07 NISSAN 350Z COUPE

LOADED, A/C, LTHR, AUTO • 51824km
st:34255-A • **\$18,900** • bw:\$208*

10 TOYOTA MATRIX

LOADED, A/C, AUTO • 55791km
st:33938 • **\$14,750** • bw:\$126**

10 CHRYSLER 300

LOADED, A/C • 37776km
st:32861 • **\$15,800** • bw:\$134**

08 FORD EDGE SEL AWD

LOADED, A/C, AUTO • 79226km
st:34136 • **\$16,880** • bw:\$186*

12 ELANTRA

LOADED, A/C • 13753km
st:34096 • **\$15,850** • bw:\$135**

08 MAZDA 5

LOADED, A/C, LTHR, ROOF • 101468km
st:34067 • **\$10,980** • bw:\$121*

07 MAZDA RX-8

LOADED, A/C, LTHR, ROOF • 70819km
st:34219 • **\$14,980** • bw:\$165**

08 RABBIT

LOADED, A/C • 92582km
st:34270 • **\$10,950** • bw:\$120*

08 ACCORD EX

LOADED, A/C, ROOF, AUTO • 98887km
st:32255 • **\$13,870** • bw:\$152*

09 SANTA FE

LOADED, A/C, AUTO • 49282km
st:33258-A • **\$16,970** • bw:\$162**

10 SENTRA

LOADED, A/C • 65850km
st:34299 • **\$9,950** • bw:\$85**

08 SONATA GLS

LOADED, A/C, AUTO • 84417km
st:34208 • **\$9,960** • bw:\$109*

11 FUSION SEL AWD

LOADED, A/C, LTHR, ROOF • 15190km
st:34153 • **\$20,970** • bw:\$167**

11 SUZUKI KIZASHI

LOADED, A/C, AUTO • 34328km
st:33619 • **\$16,970** • bw:\$144**

08 ROGUE S

LOADED, A/C, AUTO • 99206km
st:33988 • **\$12,840** • bw:\$141*

11 LANCER SPORTBACK

LOADED, A/C • 20170km
st:34002 • **\$16,950** • bw:\$144**

11 CAMRY LE

LOADED, A/C, AUTO • 49156km
st:33164 • **\$18,550** • bw:\$158**

09 COROLLA CE

LOADED, A/C • 91942km
st:34183 • **\$10,670** • bw:\$102**

07 VOLVO S40

LOADED, A/C, AUTO • 77996km
st:34197 • **\$14,980** • bw:\$165*

08 RONDO LX

LOADED, A/C, AUTO • 55276km
st:34145 • **\$9,380** • bw:\$103*

09 FORD F-150 XL

LOADED, A/C, AUTO • 96779km
st:34160-A • **\$13,780** • bw:\$131**

ARE YOU EMPLOYED
BY FEDERAL, PROVINCIAL OR
MUNICIPAL GOVERNMENT?
IF YES, FINANCE YOUR VEHICLE AT MEGA &
RECEIVE OUR BANK COMMISSION OF UP TO

\$500

www.megaautomobile.com

1261 ST. JOSEPH BOULEVARD, GATINEAU 819.770.2277

JUST 5 MINUTES FROM DOWNTOWN OTTAWA.

OPEN 8 DAYS A WEEK - BILINGUAL STAFF

Disclaimer: Bi-weekly payments include all taxes. *60 months (130 payments) **72 months (156 payments) ***84 months (182 payments) at 6.5% (minimum \$20,000) and 7.9% (Minimum \$10,000) with \$0 down payment, OAC. Freight and reconditioning (if any) included. †Prices do not include taxes and license. 2nd chance financing is not eligible for \$1000 Cash Back. Contact Mega Automobile for details. Vehicles may not be exactly as shown.